



Millennials Fall Victim to the FOMO Epidemic: 1 in 5 Take on Too Much and Return from Vacation Disappointed

New Research Reveals Millennials Make Big Travel Plans, But Sacrifice Relaxation to Get It All Done

NEW YORK – October 20, 2016 – Planning the ideal trip, checking off bucket list items and snapping the perfect photo for social media has become the new norm for today's Millennial traveler. But, these lofty travel goals are making travel remorse and disappointment almost inevitable upon return when traveling alone. In fact, new research from [Topdeck Travel](#), the number one provider of fully planned and hassle free group travel for 18-30 somethings, reveals that more than one quarter of Millennials (26%) don't get around to doing or seeing everything they planned to while on vacation causing the feeling of FOMO to set in. Not only are Millennials not getting around to everything on their travel itinerary, but one in six return from traveling and realize they missed out on "must-do" activities ultimately creating more demand for organized group trips. With travel bucket lists growing longer everyday, the desire to plan less and experience more is key.

The study, conducted with third party research firm [YouGov](#), revealed not only how Millennials are returning from vacation disappointed, but also how Millennials' depiction of their solo travels via social media may not be as glamorous as that Snapchat or Instagram photo portrayed. Topdeck's research reveals one in five Millennials (18%) find travel is always more stressful than anticipated. Perhaps the stress stems from the enormous pressure Millennials' put on themselves to check everything off their bucket list or from the fact that they can't leave the stress of everyday life at home. Topdeck's research also revealed that one in eight Millennials had to answer work calls or emails while on vacation.

While many travelers avoid work-related matters on the road, it seems that Millennials don't mind blurring the line between business and travel with over one fifth (21%) revealing they would accept a smaller salary if they were able to travel for work. Answering work calls while on vacation isn't a huge concern for this generation of workaholics. On the contrary, it's the planning process that Millennials view as stressful with almost one fifth (17%) disclosing that planning a trip is their least favorite part of the travel experience. Additionally, almost one fifth (18%) of Millennials agree that the lack of a thought out itinerary when traveling is stressful proving the need for organized group travel offerings.

“Each individual traveler has different interests and ideas on how to spend their time while traveling, so it’s important for us to pair our authentic and local experiences with the must-do bucket list items in order to strike a balance that offers both unique activities without excluding famous sights,” said Sarah Clark, Global General Manager for Topdeck Travel. “Of course planning all of this on your own and making sure you check everything off your bucket list can be quite stressful, so Topdeck aims to alleviate the hassle that is oftentimes associated with the planning process by doing it all for you. Using our team of experts, we aim to build an itinerary that truly depicts the destination our customers are visiting while our trip leaders provide local advice and recommendations to ensure the experience is as authentic as possible. By handing off the stressful aspects associated with travel to us, all that is left to do is simply enjoy the trip every step of the way.”

In order for Millennials to truly enjoy travel, it’s clear this generation prefers to have an agenda when on the road. In fact, Topdeck’s research found that nearly one-quarter (24%) of Millennials feel only relaxing while on vacation is boring and almost half (42%) would rather do something active, like hiking or sightseeing, rather than just lounge around!

“As we see an increase in Millennials looking to stay fit while traveling, we’ve begun to implement more active trip offerings for our customers. Most recently, we launched a ‘Safari’ trip to Portugal filled with surfing and yoga as well as a ‘Bali Active’ trip incorporating a high ropes course and white water rafting,” added Clark.

For more information or to book your next trip using Topdeck Travel, please visit <https://www.topdeck.travel/>.

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Research Methodology

[Topdeck Travel](#) commissioned YouGov PLC—a third party, professional research and consulting organization—to poll the views of a representative sample of 1,080 American Millennials. Fieldwork was undertaken between July 18 and 22, 2016. The survey was carried out online, and was weighted to be representative of all US adults (aged 18+).

About Topdeck Travel

Topdeck is the number one provider of epic, organized group trips for 18-30 somethings. Founded in 1973 by friends with a double decker bus and a passion for adventure, Topdeck has grown to offer the most authentic, planned trips spanning Europe, Asia, Australia & New Zealand, North America, Africa and the Middle East. Topdeckers from around the world enjoy a travel experience led by fun, knowledgeable trip leaders, steeped in history, which retains the company's original sense of adventure combined with authenticity, friendship and great stories to share.

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